

Southern Peninsula Basketball Association ***Junior Sharks Development Guide***



***“Building the teaching philosophy and culture throughout the
SPBA Junior Representative Program”***

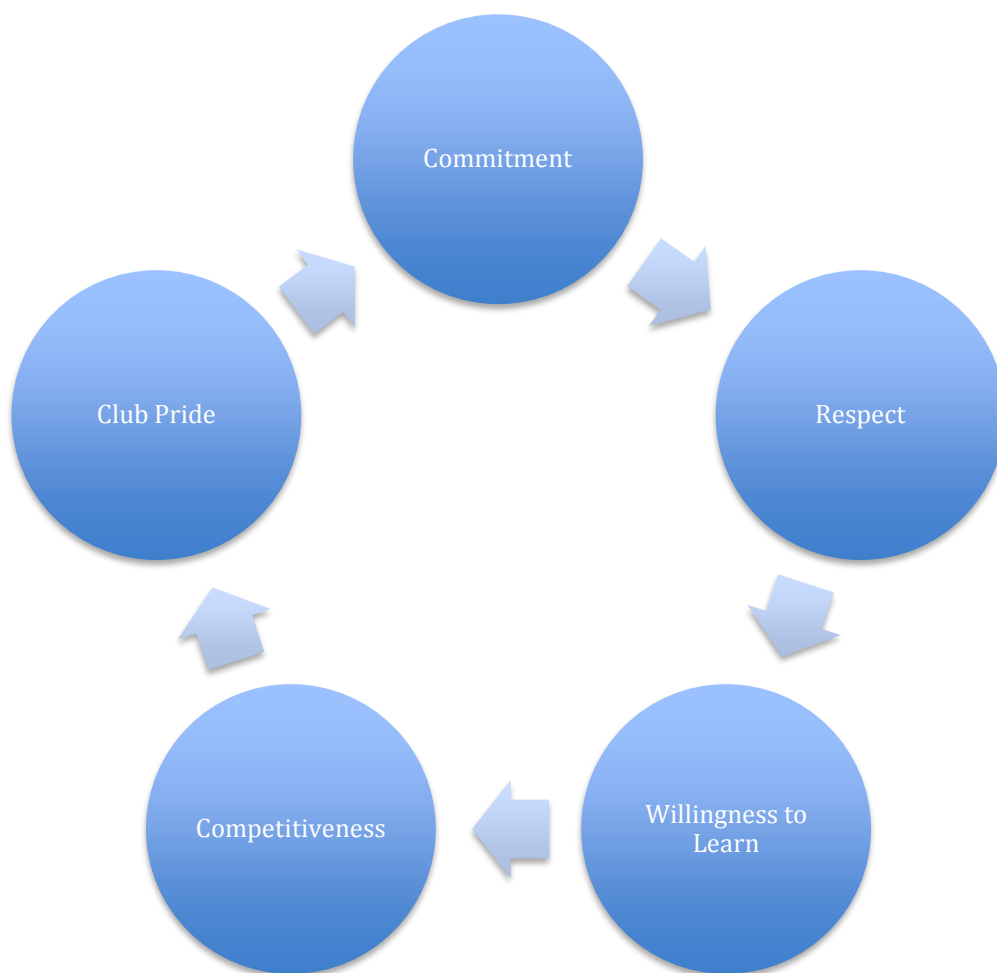


Acknowledgements:

Peter Lonergan – Director of Coaching – Northern Suburbs BA (NSW)
Gerard Hillier – Director of Coaching – Southern Peninsula BA

Southern Peninsula Basketball Association *Junior Representative Program*

Core Values



Southern Peninsula Basketball Association *Junior Representative Program*

The Sharks Culture

“Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work” – Vince Lombardi

- Our culture is intrinsically linked to our **CORE VALUES**
- Holistic development of players & coaches within our program
- Experience based learning & growth as a key element in everything we do
- Long term development overrides short term success
- Knowledge and experiences will be openly shared throughout our program
- We will develop & progress as a program, moving forward together



“Everything we do within the Southern Peninsula Junior Sharks Program has a long term development focus, it is a long term process, and short term gains and successes will not override the bigger picture” SPBA DOC&D Gerard Hillier

Southern Peninsula Basketball Association ***Junior Representative Program***

The Foundations of the Program

- **Punctuality**
 - Arrive 30mins prior to games & practice
 - Foam roller, pre-game prep
 - Mentally start to focus on the game/practice
 - Have your water bottles filled and ready to go
- **Two practice sessions per week;**
 - One 120min program session (joint session with another team)
 - One 90min team session
- **Professional presentation – all players & staff in appropriate uniform**
 - Coaches to always be in SPBA Polo or Hoodie
 - Players to always be in Practice or Playing uniform
 - Players to wear SPBA Tees or Hoodies to and from games
- **Practice plans and overall planning by all coaching staff members**
 - Practice plans to be written prior to the practice session commencing
 - The need to best utilize our time with the players
 - Constant flow of teaching points/areas, theme your sessions
- **Practice and scrimmage with other Sharks teams, grow together**
- **Share knowledge & resources with each other**

Player Development

The 4 key elements of player development

1. **Skill Development**
 - a. Fundamental Skill Sets
 - b. The Six Point Development Package
2. **Concept Development**
 - a. The Fast break Game
 - b. DHO & Cutting Game
 - c. 2-man & 3-man Games
 - d. On-ball game & Post Touches (O&D)
 - e. Off-ball movement & Receiver spots
 - f. Transition D Roles & Responsibilities
 - g. Half Court 1v1 Containment & Pack D
3. **Compete (scrimmage/games)**
 - a. VJBL games
 - b. Tournament games
4. **Off-Court Development**
 - a. Prehab & Rehab
 - b. Fueling the body
 - c. Game/Practice reflection/evaluation



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Player Development

The six-point development package:

- 1. Dribble**
 - a. Both Left & Right Hand
 - b. Change of Pace (two gears)
 - c. Retreat Dribble
 - d. Alternate Moves
 - e. Pound & Speed Dribble
- 2. Pass**
 - a. Chest, Bounce, Pass Fake, Push Pass
- 3. Pivot**
 - a. Forward & Reverse, moves utilizing the pivot
- 4. Shoot**
 - a. Set, Load, Release
- 5. Defend 1v1**
 - a. Close-out, Stance, Bounce, Contain, Contest, Hit Bodies (box out)
- 6. Decision Making & Reads (Basketball IQ)**
 - a. 1v1 play
 - b. 2v1 play
 - c. 2v2 play
 - d. 3v2 play
 - e. 3v3 play

Areas of Emphasis

Skill & Technical

1. Footwork
2. Fundamental movement patterns
3. Finishing/Layups (contested finishing)
4. Shot Technique & Development
5. Defensive Stance & Movement
6. Transition Offense & Defense

Cultural

1. Practice Intensity
2. Commitment to Sharks
3. Punctuality, Uniform & Presentation
4. Prehab & Rehab
5. Feedback, Provide & Receive





Southern Peninsula Basketball Association ***Junior Representative Program***

Junior Sharks Commitment Overview

Weekly Practice Schedule:

The below is an overview of the new “*Sharks Weekly Practice Plan*”, which covers our U12, U14, U16, & U18 programs:

Practice:

1 x 120min Program session – **Conducted by Team Coaches**

1 x 90min Team session – **Conducted by Team Coach**

1x 120min BVC HP session (if selected) – **Conducted by BVC HP Staff**

1 x 120min Senior Sharks session (if selected) – **Conducted By Senior Coaches**

Participation Games (rotating benches):

1 x 60min Tournament Games (multiple games over a 2 day tournament)

1 x 60min VJBL Metro/Regional Games (weekly games, home & away schedule)

Note: rotating benches means exactly that, rotate the bench and get all the players some meaningful minutes, it's a development over winning mentality.

Absence from weekly training sessions may alter this ruling, as will any possible disciplinary matters.

Competition Games (not rotating benches):

1 x 90min VJBL VC Games (if ranked)

1 x 90min Big V Games (if selected)

BV/BVC/BA Tournaments (if selected) (Country Champs, National Classic etc.)

Note: These events do not attract the “rotating bench” rule; this is purely based on whatever the team needs to win in that particular game.

VJBL Junior Sharks Teams

U12 Boys & Girls: 2 teams per gender (possible 3rd teams based on numbers)

U14 Boys & Girls: 2 teams per gender (possible 3rd teams based on numbers)

U16 Boys & Girls: 2 teams per gender (possible 3rd teams based on numbers)

U18 Boys: Dependent on numbers & commitment (minimum of 8 players)

U18 Girls: Dependent on numbers & commitment (minimum of 8 players)

Note: All Sharks U12, U14, U16, & U18 players must register and be active members within the SPBA Domestic Competition, High Performance Athlete exemptions may be requested via the SPBA DOC&D, Gerard Hillier.



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Junior Sharks Commitment Overview

Junior Sharks Tournaments:

Please find below the list of tournaments for our Junior Sharks Program.

1. Geelong Tournament (November) – All Age Groups (**compulsory**)
2. Southern Pen Tournament (November) – All Age Groups (**compulsory**)
3. Eltham/Dandenong Tournament (January) – All Age Groups (**compulsory**)

Victoria Country Championships:

- U12's (April) – 1st teams only (**compulsory**)
- U14's (April) – 1st teams only (**compulsory**)
- U16's (February/March) – 1st teams only (**compulsory**)
- U18's (February/March) – 1st teams only (optional)

Nunawading Tournament (June) – All Age Groups (optional)

Junior Sharks Pathways

U10's – Aussie Hoops, SPBA Domestic Competition

U12's – BVC Skills Day, BVC Jamboree (if selected)

U14's – BVC Skills Day, BVC Academy Program (if selected), Gold Nugget Camp (if selected), Southern Cross Challenge or Albury Cup (if selected)

U16's – BVC NITP/NPP Program (if selected), Southern Cross Challenge or Albury Cup (if selected), Senior Sharks Program (if selected), BVC State Program (if selected), Basketball Australia Development Camps/Squads (if Selected)

U18's – BVC NITP/NPP Program (if selected), Albury Cup (if selected), Senior Sharks Program (if selected), BVC State Program (if selected), Basketball Australia Development Camps/Squads (if Selected)

For any further information, please do not hesitate to contact the ***Southern Peninsula Basketball Association - Director of Coaching & Development, Gerard Hillier*** via ghillier@sharksbasketball.com.au